

# Cookbook



Carol Hadsall

## Despite busy schedule, she finds time to prepare special dishes

By CHARLOT M. DENMON  
Staff Correspondent

Carol Hadsall enjoys cooking, especially preparing casserole dishes or trying new recipes, when she has the time. Doing the accounting and tax forms for her husband, Bruce's excavating business, chauffeuring her five-year-old son, Ray, to and from kindergarten, and working part time, does not allow her much leisure time.

Never-the-less, Carol manages to find time to prepare some of the family's favorites such as Chinese Pepper Steak, Pork Chop Casserole, Strawberry Pudding, or Apple Cake. She also likes to make Cheese Puffs as appetizers when they are entertaining friends or relatives.

A native of New Jersey, Carol met her husband, Bruce, when she was spending summers in the Back Mountain with her parents. After she and Bruce were married, they moved to Dallas where they have been residing for the past seven years. In the very near future, the young couple with their son, Ray, plan to move to Harris Hill Road, Trucksville.

When she has the time, Carol also enjoys sewing and other needlework. She usually makes most of the gifts she gives to relatives and friends at Christmas.

Recently, she and a friend attended classes in stained glass and now Carol is engrossed in making stained glass angels and sun catchers, a hobby she describes as "fascinating".

Ray is often interested in the various recipes his mother prepares for the dinner and enjoys doing whatever he can to help her, even if it is only waiting to taste it.

Carol has shared five of her favorite recipes with this week's Dallas Post readers. All of the recipes below are both delicious and nutritious, as well as economical.

### CHEESE PUFFS

1 c. water  
1/2 c. margarine  
1 c. sifted flour  
1 t. salt  
1 t. dry mustard  
4 eggs  
8 drops liquid red pepper  
1 c. shredded cheddar cheese  
Heat water and butter to full rolling boil; add flour mixed with salt and mustard, all at once. Stir vigorously with wooden spoon until it forms thick,



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### Helping Mom

Carol Hadsall and her young son, Ray, are shown with the Pork Chop Casserole, Carol is preparing for their dinner.

smooth ball that leaves sides of pan. Remove from heat, cool slightly. Add eggs, one at a time beating well after each until shining smooth. Stir in pepper, seasoning and cheese. Place on slightly greased cookie sheet by round half teaspoon. Bake at 400 degrees, 25 minutes till golden; cool on wire rack, freeze in single layers 30 minutes, then in plastic bags until needed. Reheat at 350 degrees for 8-10 minutes.

### CHINESE PEPPER STEAK

1 1/2 lbs. steak  
4 c. green pepper slices  
3 c. sliced onions  
3/4 t. salt  
1 1/2 t. sugar  
1/2 t. garlic  
dash pepper  
3/4 beef bouillon  
3 T. cornstarch

### 2 T. soy sauce

Cooked rice  
Slice steak into slivers, pour just enough boiling water over green pepper slices to cover. Let stand about five minutes, rinse in cold water. Heat oil in large skillet, add green pepper slices, onions (carrots sliced thin, if desired), salt and garlic. Cook, stirring over high heat about 8-10 minutes, add beef slivers; cook another eight minutes. Add sugar and pepper, cook stirring one minute, add bouillon and bring to boil. In small bowl combine cornstarch, soy sauce, 3/4 cup water; stir into skillet. Cook, stirring until sauce is thickened and translucent. Serve over hot, white rice with noodles. Serves 4.

### PORK CHOP CASSEROLE

4-6 pork chops, browned  
1 c. rice

1 lg. onion  
1 green pepper  
1 lg. can tomatoes, whole  
Garlic salt, salt, pepper  
Chop onion, pepper and slice tomatoes. Put rice on bottom of large baking dish, add water according to directions on rice package, add half of chopped onions, peppers and tomatoes. Place pork chops on top, salt, pepper, and garlic salt to taste, then place rest of onions, peppers and tomatoes on top. Cover dish, bake at 375 degrees for one hour. Remove cover for last 10 minutes.

### STRAWBERRY PUDDING

5 c. angel food cake cubes (1/2 whole cake)  
1 pkg. instant vanilla pudding (3 oz.)  
1 3/4 c. milk  
1 pt. vanilla ice cream  
1 3-oz. pkg. strawberry jello  
1 1/2 c. boiling water  
1 10-oz. pkg. frozen strawberries  
Place cake in dish, make up one package vanilla pudding using 1 3/4 cup milk; add pint vanilla ice cream, mix with electric mixer. Pour over cake and place in refrigerator. Mix package of jello in boiling water, stir in frozen strawberries. Let mixture set for about 10-15 minutes before pouring over other layer (cake and pudding). Pour slowly so that layers do not mix together. Refrigerate for several hours.

### APPLE CAKE

Dough:  
1 3/4 c. flour  
2 1/2 t. baking powder  
1/2 t. salt  
1/4 c. butter or margarine  
2/3 c. milk  
3/4 c. sugar  
1 egg  
1/2 t. lemon extract (optional)  
Mix flour, baking powder, salt; cream butter until soft, add sugar gradually. Beat in egg and flavoring, add flour mixture alternately with the milk. Put on cookie sheet with sides, spreading very thin. Push apples, pared and sliced thin down into dough using as many as possible next to each other filling the cookie sheet.

### TOPPING:

2/3 c. sugar  
1/2 c. flour  
2 t. cinnamon  
6 T. butter or margarine  
Mix dry ingredients, add butter. Mix with hands till it is a crumb mixture. Sprinkle over dough and apples. Bake in preheated 350 degree oven for 45 minutes. Serve warm with vanilla ice cream or cool if desired.

## School menus

(Following are cafeteria menus for area school districts for the following week:)

### LAKE-LEHMAN SCHOOLS

Jan. 8 - 14

Senior High

WEDNESDAY - Chicken or ham patti on bun w-relish, candied sweet potatoes, peas, blueberry crisp, milk.

THURSDAY - Tacos w-trimmings or hamburger on bun, buttered corn, ice cream, milk.

FRIDAY - French bread pizza, tossed green salad, potato chips, fruit cup, milk.

MONDAY - Deli hoagie, chicken noodle soup-saltines, cherry pie, milk.

TUESDAY - Veal parmesan or hamburger on bun, French fries, applesauce, cookies, milk.

Junior High & Elementary  
WEDNESDAY - Hambo on bun, candied sweet potatoes, peas, blueberry crisp, milk.

THURSDAY - Tacos w-trimmings, buttered corn, ice cream, milk.

FRIDAY - French bread pizza, tossed green salad, potato chips, fruit cup, milk.

MONDAY - Hot dog on bun, cheese squares, potato puffs, baked beans, cherry pie, milk.

TUESDAY - Hamburg on bun, pickle chips, chicken noodle soup-saltines, peaches, milk.

### WEST SIDE TECH

Jan. 8 - 14

WEDNESDAY - Beef-a-roni, grated cheese, Italian roll-butter, creamy cole slaw, fruited jello, milk.

THURSDAY - Hot roast beef sandwich-gravy, mashed potatoes, seasoned peas, blueberry cake, milk.

FRIDAY - Grilled cheese, vegetable soup-crackers, chips, pickle spears, peanut butter kisses, milk.

MONDAY - Hot dog on bun, baked

beans, potato puffs, snicker doodle cookies, milk.

TUESDAY - Oval spice-cheese on bun w-lettuce, chicken noodle soup, copper penny salad, pumpkin bars w-Italian cream icing, milk.

### GATE OF HEAVEN SCHOOL

Jan. 8 - 14

WEDNESDAY - Steak hoagie, onion rings, buttered carrots, fruit cocktail, milk.

THURSDAY - Tacos, bbq chips, pineapple, cookies, milk.

FRIDAY - Tuna salad sandwich-lettuce, cheese stix, peaches, pudding pops, milk.

MONDAY - Chicken patti-lettuce, buttered potatoes, corn, applesauce, milk.

TUESDAY - Veal patti-sauce, mashed potatoes, green beans, pears, cookies, milk.

### DALLAS SCHOOLS

Jan. 8 - 14

WEDNESDAY - Pancakes w-syrup and sausage link or peanut butter-jelly sandwich w-cheese cube, orange wedges, choice of milk or juice. Bonus: Blueberry muffin.

THURSDAY - Spaghetti w-meat sauce and freshly made bread or grilled ham-cheese sandwich, tossed garden salad, lime gelatin w-pineapple, choice of milk or juice.

FRIDAY - Tuna hoagie w-lettuce-cheese or cheeseburger on roll, French fries, chilled fruit mix w-marshmallow, choice of milk or juice.

MONDAY - Jumbo frankfurter w-meat sauce or plain, or peanut butter-marshmallow sandwich, chicken noodle soup, crisp potato chips, pineapple topped w-coconut, choice of milk or juice.

TUESDAY - Sliced roast beef or frankfurter, mashed potatoes w-gravy, sweet garden peas, choice of milk or juice. Bonus: Chocolate peanut butter fudge treat.

## Heart healthy recipes

Here are two recipes offered by the American Heart Association.

### WHEAT GERM PANCAKES

A stack of steaming flapjacks is a good way to start the day. Wheat germ gives this customary breakfast a new flavor.  
1 c. white flour  
2 1/2 t. baking powder  
1 T. sugar  
1 1/4 c. skim milk  
2 T. oil  
1/2 c. wheat germ, toasted with one teaspoon of honey  
1/2 c. low-fat cottage cheese

Sift together flour, baking powder and sugar. Add wheat germ. Combine the milk and oil an stir into the dry ingredients until just moistened. Stir in cottage cheese only until mixture is slightly lumpy. (If a smoother batter is desired, you may whip the cottage cheese with the liquid ingredients in a blender.) Drop batter by spoonfuls onto a greased pan. Cook until bubbles appear on upper surface, then turn and brown on the other side. Turn only once. Continue until all batter is used. Serve with maple syrup.

### ORIENTAL CHICKEN AND NOODLES

Start with lean chicken, add fresh

vegetables and finish with a flourish of lively seasonings and you've created a fast, low-fat entree.

1 lb. boneless chicken breast  
3 T. oil  
2 c. chinese cabbage, sliced  
1 c. celery, chopped  
2 c. bean sprouts  
3 oz. oriental noodles, cooked  
2 T. cornstarch  
1/4 c. chicken broth +  
3 scallions, chopped  
2 t. caraway seeds  
1 T. lemon juice

Cut chicken into small pieces. Heat oil in deep skillet or wok and saute chicken in heated oil for 5 minutes. Add cabbage, celery and sprouts. Mix well, cover and cook over low heat for 3 minutes.

Meanwhile, cook noodles according to directions; then add noodles to chicken mixture.

In separate bowl mix cornstarch and broth and stir into chicken mixture until thickened. Sprinkle with scallions, caraway seeds and lemon juice.

+Use unsalted or low-salt broth to reduce sodium content.  
Yield: 4 servings.

## Salad bars sprouting everywhere

With the increasing awareness of proper nutrition and good eating habits, restaurants and fast food places are offering alternatives to the basic hamburgers, fries and other fried foods. The alternatives are salad bars, and they are sprouting up everywhere.

"Many people assume salads are low in calories, and while this may be true for some, if you like potato or pasta salads, cole slaw, cottage cheese, pickled vegetables, etcetera, you may be adding more calories than you realize," says Joanne Prusko, M.S., R.D., public health nutrition consultant in the state Health Department's Southwestern District.

Prusko says that if you want to keep the caloric content of your salad low, you should remember that plain raw vegetables are lowest in calories.

"Anything you add to them increases calories, sodium and cholesterol. For instance, pickled items are higher in calories and sodium than their plain counterparts because of the sugar and salt added during the pickling process. Non-vegetable items like cottage cheese, meat, shredded cheese and cheese cubes, croutons, bacon bits, crumbled egg yolks and salad dressing

add calories, cholesterol, sodium, or combinations of the three.

Prusko points out, however, that these added salad ingredients are not entirely without nutritional value.

"Salads, especially those with raw vegetables, make important contributions to the diet. Not only are

## Fiber is very important to diet

they high in fiber and low in calories, they also provide vitamins A and C and fair amounts of other nutrients. The added salad ingredients contribute nutrients such as calcium, protein and riboflavin, which are lacking in the vegetables. Add the extras for balance, flavor and nutritional value, but use them

salads across the country. A few wise produce additions, and a low fat dressing can make a major contribution to a healthful daily diet.

There are two types of dietary fiber-soluble and insoluble. Soluble fiber is found in beans, some fruits and vegetables, as well as oats and barley.

It dissolves in water and may play a role in lowering blood cholesterol levels, as well as regulating the body's use of sugar.

Insoluble fiber, the type most often thought of when we hear the term fiber, does not dissolve in water. In fact, the vegetables and whole grains containing insoluble fiber absorb water, thus increasing

bulk. The American Cancer Society suggests that a high fiber, low fat diet may help protect against colon and rectal cancer.

Eating more vegetables, purchased from an abundant produce section, may be the first and easiest way for consumers to begin to change eating patterns and food habits. Salad consumption in the U.S. is on the increase, however, the quality of these salads can be enhanced with the addition of nutrient fiber-rich vegetables.

Health consciousness is becoming a way of life for more and more Americans.

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